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What is claimed is:

1. A sports board that is ridden by a person standing upon it comprising:

an elongated metal board having a length L_1 in the range of 24-60 inches and a width W_1 in the range of 5-12 inches;

said metal board having a front end, a rear end, a top surface, a bottom surface, a left edge and a right edge; and

an hollow keel is formed on said bottom surface of said metal board and it extends from said front end to said rear end; said keel having a height H_1 and a width W_2 and W_2 is at least as great as H_1 .

Subj 2. A sports board as recited in claim 1 wherein said hollow keel has a rectangular configuration.

3. A sports board as recited in claim 1 further comprising
an hollow left rail and an hollow right rail formed on said bottom surface adjacent said respective left and right edges and said hollow rails extend the length of said metal board.

Subj 4. A sports board as recited in claim 3 wherein said metal is aluminum.

5. A sports board as recited in claim 3 wherein said metal board has an arcuate shaped front end and an arcuate shaped rear end.

Subj 6. A sports board as recited in claim 5 wherein plastic end guards are secured to said front and rear ends of said metal board.

7. A sports board as recited in claim 1 wherein said top surface of said metal board has a concave transverse contour.

8. A sports board as recited in claim 1 wherein said metal board has a bent-up front tip portion and a bent-up rear tip portion.

9. A sports board as recited in claim 1 further comprising front and rear skateboard trucks secured to said bottom surface of said metal board.

10. ~~A method of manufacturing a sport board comprising the following steps:~~

a) taking an elongated metal board; said metal board having a front end and a rear end.

b) machining said front and rear ends of said metal board into a predetermined shape;

c) bending said front and rear ends of said metal board to form a bent-up front tip portion and a bent-up rear tip portion; and

d) heat treating said metal board.

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